



Leadership Program 'Graduates' First Class

Leadership training and development at Western reached a milestone as the first class in the Training Tuesdays Professional Development Program received completion certificates.

The fourteen participants experienced a wide range of classes—situational leadership, customer service, motivation, diversity, value and creativity in a learning organization, conflict management, time management, supervising and the law, and managing by knowing one's strengths. Three to six credits are given for each class, depending on the length of the session. A certificate is awarded after a participant earns eighteen credits. The program is continuous, so anyone interested may start whenever it is convenient. Most participants don't take every class and some earn more credits than needed, as many as twenty-four credits.

"The program makes people aware of the many components of effective leadership and plants seeds on how to manage employees. You have to develop leaders and give them the tools to be effective with teams," said Chris Dahlquist, training and development coordinator, in the Office of Human Resources.

The graduating class is evenly divided between current supervisors and those who want to develop supervisory skills. Participants expressed consensus that a major benefit to the program was the interaction with other departments and feeling part of a team. "It helps to hear others' feedback, knowing that you are



Members of the first leadership class receiving certificates are (back row, left to right) Barbara Hudson, Andy DeGrove, Pryde Farmer, Chris Ray, and Reatha Wilkey; (front row, left to right) Nancy DeSain, Homer Harris, Serena Herter, Jane Kneller, Roseanna Belt, and Dora Wike. Not pictured are Judy Revere, Shirley Bateman, and Kenneth Cook.

not the only one with questions," said Jane Kneller, office assistant in Hunter Library. "It helps with the way to handle employees on a day-to-day basis," said Kenny Cook, chief water plant operator.

"People have a need to develop talents and this is a cost-effective way to enhance and develop leaders," said Dahlquist.

The Professional Development Program is one of two leadership development programs currently offered. The other is the WCU Leadership Institute. For more information about either leadership training program, contact Dahlquist in the Office of Human Resources at 227-7218.



UC II Takes Shape

Work on the University Center expansion continues as workers begin to lay brick on the exterior walls. The new area will house a movie theater, lounges, post office, and retail space. The expansion project is scheduled for completion around the first of March 2003.

Cooking Class Promotes Healthy Menus, Eating

It's among the most dreaded questions in the world— "What's for dinner?" It's been a long day, everyone is hungry and it is so much easier to grab fast food on the way home. But you know it's not that good for you—especially every night. So, what's for dinner?

An alternative to the cholesterol-laden, fast-food option are healthy, quick gourmet meals such as those being prepared during this summer's weekly cooking sessions. This is the third year of the Wednesday lunchtime activity. Karen White, nutritionist with University Health Services, initiated the sessions when she realized through her nutrition counseling sessions that people do not spend much time in the kitchen. "We depend on fast food and microwave dinners; we just don't cook. I wanted to show that cooking well is not hard or challenging and that healthy does not mean tasteless," said White.

White's main criteria for the menu items are that they be healthy—low in fat and calories—and have a preparation time of thirty minutes or less. Participants prepare the meal in the allotted time and then enjoy their efforts. All meals are topped off with a tasty dessert. "I come to get interesting recipes that will increase my cooking arsenal," said Elizabeth Addison, associate professor of English. Charlene Casault, student, wants to learn to cook more healthy meals.

The summer sessions showcase equal time for vegetarian, beef, pork, and seafood entrees as featured in a variety of cuisines. "We also need to learn portion sizes. We are so use to super-sizing our meal, which, in reality, can be as many as three or four portions of pasta, French fries, or meat," said White. Recipes for each week are some from White's own recipe box, favorite cookbooks, and others from cooklight.com. Each session can accommodate up to twelve people and is open to faculty, staff, and students. Registration deadline for a particular Wednesday class is noon on the Monday prior to the session. The cost for each session is \$8, payable to University Health Services. Sessions run through August 7. For more information, contact Karen White at 227-2088.



Double checking the recipe for Tuscan seared tuna are (left to right) Charlene Casault, Karen White, and Elizabeth Addison. Recipes use broiling, searing, or baking to make the dish "light." Flavor is enhanced with a liberal sprinkling of a wide variety of herbs and spices.

Groundbreaking Adds to Building Blitz



The first shovels of dirt are turned for Western's new 300-bed residence hall. Doing the honors are Robert Caruso, vice chancellor for student affairs, Joseph Crocker, chairman of Western's board of trustees, and John Bardo, chancellor. This is the first residence hall to be built on campus in thirty years.

Western Carolina University officials broke ground on a 300-bed residence hall, the first new student housing facility to be built on the Western campus in more than thirty years, as part of activities June 7 during the quarterly meeting of the university's board of trustees.

The hall, being built at an estimated cost of \$14.7 million through funds approved by North Carolina voters in the 2000 higher education bond referendum, will be located on Central Drive near the Bird Alumni House and across the road from Harrill Hall. The building is expected to be complete by the fall of 2003.

Chancellor John Bardo cited recent statistics indicating that 87 percent of today's students have never had a roommate until they reach college. Western's new residence hall is designed to accommodate the needs of that new generation of students, he said, and approximately 70 percent of the rooms in the facility will be single occupancy.

An innovative element of the hall will be a faculty-in-residence program in which a Western faculty member will

Continued on page 4

Monday, July 15

Women's Center—Readers' Group, 12:30 p.m., terrace, UC. (227-3982)

Tuesday, July 16

Ice cream sundaes—1–3 p.m., lawn, UC. \$ (227-7206)

Wednesday, July 17

Summer cooking session—Menu: Fresh vegetable pasta salad with chicken and frozen yogurt with rum raisin sauce. Pre-registration required by noon the Monday before Wednesday session. Noon–1 p.m., Room 409, BB. \$ (227-2088)

Van safety course—required of all employees (including student employees) who drive 15-passenger vans. Registration required, 1:30–3:30 p.m., Room 278, BB. (227-2388 or www.wcu.edu/hr/training)

Wednesday, July 17–**Saturday, July 20**

Camp—Western Carolina Co-ed Track and Field/Cross Country Camp. (227-2026 or dwilliams@email.wcu.edu)

Thursday, July 18

Summer Concerts on the Lawn—Osadolos, African-influenced rock and reggae, 8 p.m., lawn, UC; in case of

WCU

Calendar

July 15–August 11, 2002

Look for regular updates on the university's Web site at www.wcu.edu/cal.html

rain, Club Illusions, UC. (227-7206)

Monday, July 22

Women's Center—Readers' Group, 12:30 p.m., terrace, UC. (227-3982)

Tuesday, July 23

Ice cream sundaes—1–3 p.m., lawn, UC. \$ (227-7206)

Wednesday, July 24

Summer cooking session—Menu: Salmon with Thai rice medley and fresh sliced cantaloupe. Pre-registration required by noon the Monday before Wednesday session. Noon–1 p.m., Room 409, BB. \$ (227-2088)

**Wednesday, July 24–
Saturday, July 27**

Conference—Landscaping with Native Plants featuring workshops, field trips, and sessions with renowned experts. RRAC. (227-7397)

Thursday, July 25

Summer Concerts on the Lawn—Amy White and Al Petteway performing acoustic instrumental music: guitar, piano, mandolin, Irish bououki, and world percussion; also vocals, 8 p.m., lawn, UC; in case of rain, Club Illusions, UC. (227-7206)

Monday, July 29

Women's Center—Readers' Group, 12:30 p.m., terrace, UC. (227-3982)

Monday, July 29–**Friday, August 2**

Wilderness Education for Teachers—course that includes Wilderness Education Association's national curriculum. Course must be taken for credit; can be used for teaching license renewal credit. \$ (227-3844 or 227-7397)

Tuesday, July 30

Ice cream sundaes—1–3 p.m., lawn, UC. \$ (227-7206)

Wednesday, July 31

Summer cooking session—Menu: Grilled steak and arugula salad with mustard caper vinaigrette and raspberry strippers. Pre-registration required by noon the Monday before Wednesday session. Noon–1 p.m., Room 409, BB. \$ (227-2088)

August**Monday, August 5**

Women's Center—Readers' Group, 12:30 p.m., terrace, UC. (227-3982)

Wednesday, August 7

Summer cooking session—Menu: Chili burgers topped with roasted red pepper sauce and mixed greens and melon with orange segments. Pre-registration required by noon the Monday before Wednesday session. Noon–1 p.m., Room 409, BB. \$ (227-2088)

Friday, August 9

New faculty orientation—8:30 a.m.–4:30 p.m., Killian 104. (227-7495)

Commencement—7:30 p.m., RRAC.

Submissions:

Send news items and calendar notices to WCU Calendar, 1601 Ramsey Center, Western Carolina University, Cullowhee, North Carolina 28723 or e-mail to Reporter@email.wcu.edu.

Submit items for the university's calendar online at least one week prior to the event.

★★★ Now Showing ★★★

Exhibitions:

North Carolina Women Making History, the trials, triumphs, and changing roles of women during the past 400 years. Through May 2003. MHC. (227-7129)

Let's Play, a look back at the ways Americans enjoyed leisure time at the turn of the twentieth century. Opening July 27 through September 6. MHC. (227-7129)

Herman Goustin Photographs from New York, France, and Italy. Opening August 26 through October 4. BB. (227-3591)

Migration of the Scotch-Irish People. (permanent exhibition). Information, illustrations, artifacts, and murals. MHC. (227-7129)

Key: \$ - Admission fee; HA - Hoey Auditorium; HFR - H.F. Robinson Administration Building; HS/CF - Hennon Stadium/Childress Field; MHC - Mountain Heritage Center; NSA - Natural Sciences Auditorium; RRAC - Ramsey Regional Activity Center; RH - Recital Hall, Coulter Building; BB - Belk Building; UC - A.K. Hinds University Center; UOC - University Outreach Center; WS/BW - Whitmire Stadium/Bob Waters Field; SSF - Shrader Soccer Field.

Groundbreaking,

continued from page 2

live in the building, part of an on-going effort to improve the living-learning environment on campus, said Robert Caruso, vice chancellor for student affairs.

"By living alongside students, participating faculty members will work with the housing staff to promote the integration of the curriculum into the residence halls, implement educational programs in the halls, and serve as mentors to students by discussing student academic concerns and interacting informally with students," Caruso said. "The faculty-in-residence will encourage other faculty members to participate in residential life through seminars, workshops, and other activities and will, as feasible, teach classes in the residence hall."

The new residence hall is the first of four student housing facilities on the drawing boards to be built over the next eight to ten years, as Western prepares for a projected enrollment increase of some 3,000 students.

During the meeting, the board of trustees also discussed a plan for a new "Greek Village concept to provide on-campus housing options for Western's sororities and fraternities. The complex, to contain a minimum of 225 beds, will be built on the edge of campus at the end of Norton Road through a public-private partnership. That facility could be complete by the fall of 2004.

Vehicle Registration Begins

It's a sure sign the fall semester is nearing when faculty and staff receive notice that vehicle registration is due. Current permits expire on August 10. The vehicle registration fee for this year is \$40, which remains about the lowest permit cost in The University of North Carolina system, said Gene McAbbe, director of university police.

If you have not received information concerning vehicle registration, stop by or call the Traffic Office in Jordan-Phillips Fieldhouse, 227-7301.

New permits can be picked up or ordered by mail. Permits will be returned by campus mail. For a return to an off-campus address, send a self-addressed envelope with your order.

Correct payment is necessary for a permit request (\$40 for every "bumper" sticker; \$40 plus \$1 for each additional vehicle for transferable permits on which more than one car can be listed). All traffic fines must be paid before a new permit will be issued.

New permits must be displayed by Thursday, August 22. Since lines may be long when students begin returning during the first week of August, it is advisable to purchase the permit early, said McAbee.

Traffic regulations require that all employees who park a car on campus at any time must purchase a vehicle registration permit regardless of their work schedules.

The Reporter is published by the Office of Public Information. Debie Connelly, editor. Mail faculty/staff notes, events, notices, and changes of address to *The Reporter*, 1601 Ramsey Center, or send them via e-mail to Reporter@email.wcu.edu.

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